

# WITS WORKOUT

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things are good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

**DATES: Fridays,  
beginning January 10th 2025 through July 11th  
2025**

**TIME : 10 am to 11 am**

**LOCATION: Marley Church  
12625 187th St.  
Mokena, IL**

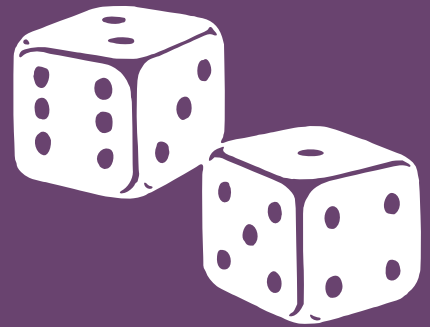
## REGISTRATION INFORMATION

**Please call Amber at 815-933-7791  
ext:6723  
to register**

Dates listed are subject to change due to scheduling conflicts or extreme weather. Participants will be notified prior to any changes. Participants are required to register for classes.



**catholic  
charities**  
Diocese of Joliet



*Wits Workout*

is a program developed by University of Illinois

